

Pre-Competitive Group:

The Pre-Comp group is designed to bridge the gap from our lesson program to our team program and introduce athletes to competitive swimming. Swimmers at this level will build endurance while focusing on proper stroke technique and the fundamental skills of all four strokes, turns and starts.

Requirements:

- 5- 10 years of age
- Able to swim 25 yard freestyle with breathing on the side and a good body position
- Able to swim 25 yard backstroke with good body position
- Able to perform legal breaststroke kick

Goals:

- Focus on the development of proper stroke technique in preparation for competitive swimming

Expectations:

- Come to practice prepared (suits, caps, goggles, equipment bag, and water bottle)
- Pay attention to coaches' instruction
- Focus on learning and working technical drills
- Follow pool instructions and procedures
- Work hard, have fun, and complete each practice to the best of their ability
- Have positive attitude and encourage your teammates during practice and meets

Practice Attendance:

- 2 practices per week recommended

Meet Attendance:

- 2 or more meet recommended